



Dear Parents and Carers,

Out of his great love for us, God created us to be happy with him forever. The blessings in this Sunday's Gospel, which promise true, lasting happiness, are taken from Jesus' Sermon on the Mount and are known as the Beatitudes.

To be gentle and to mourn means to share the sorrows of others and help them. To hunger and thirst for what is right, and to be prepared to be persecuted for it, needs courage and good judgement. 'Meek' really means un-pompous, genuine.

**Wednesday 28<sup>th</sup> January 2026**

The merciful don't insist on their rights, but have strength to see the point of view of others and to think of the needs of others as well as their own needs.

Jesus' words would have turned upside down the thoughts that most of his listeners had about true happiness, and maybe they challenge our own ideas too.

Enjoy hearing your child's thoughts about this Sunday's Gospel and this Wednesday's word, which is **HAPPINESS**.

*Dom Henry Wansbrough*



A Word from  
the Saints

**"Whoever possesses God is happy!" St. Augustine**

**"The Beatitudes are Jesus' way of life and they are the way of true happiness."**

**THE GOSPEL IN CHURCH  
Sunday 1<sup>st</sup> February 2026**



Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them: "How happy are the poor in spirit; theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them. Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called sons of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven. Happy are you when people mistreat you and persecute you and speak all kinds of slander against you on my account. Rejoice and be glad, for your reward will be great in heaven."

*Adapted from Matthew 5:1-12*

The 4<sup>th</sup> Sunday of Ordinary Time, Year A

**Getting to know Jesus makes life joyful.  
Learn more about this Sunday's Gospel in your  
local Parish Church: all are very warmly invited.**

Family Time Prayer & Share Overleaf ▶

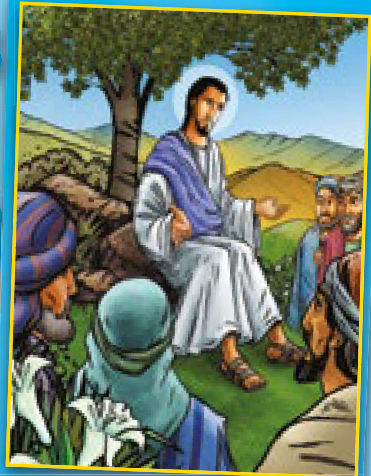
**Good News  
for Everyone**

We all want to be happy, to have a sense of well-being and inner joy. Jesus' Sermon on the Mount teaches us how to discover the true happiness for which we were created. Living in the way that Jesus taught us, knowing that we are loved forever by God our Father and responding to that love by loving others, is the path to everlasting happiness - to live forever with God.



# Good News for Families

## 10 MINUTES TOGETHER TIME



### Sunday Gospel Gallery

Look at this Sunday's Gospel picture. What can you see? How do you feel? What does it make you think about?

## 1 READ & REFLECT! Listen & Learn with Jesus, the Word!

Jesus' disciples gathered around him, and he began to teach them. "Happy are people who know they need God, for the kingdom of heaven belongs to them. Happy are people who are gentle. Happy are people who show mercy, for they will have mercy shown to them. Happy are the people whose hearts are pure, for they will see God. Happy are people who make peace, for they will be called children of God. Rejoice and be glad, for your reward will be great in heaven."

### Who did Jesus say the kingdom of heaven belongs to?

Which word or words stood out for you in this Sunday's Gospel, and why? Spend a few relaxing moments pondering the picture together. Share any thoughts before moving on.

## 2 SHARE & CARE! Growing in Goodness & Love: This Wednesday's Word...

"The goal of our life is to experience God's own happiness - a gift to every person."

*Adapted from the Catechism of the Catholic Church (nos 1718-1719)*

# HAPPINESS



Ask your child what they think true happiness is. When or where are they usually most happy? What is their happiest memory? When did your child last make someone truly happy? It may help your child if you can tell them when they most recently made you happy (or when you are most happy). True happiness comes from knowing and loving God. Sharing God's love is the happiest way to live.

Each of you choose some little, simple thing to do which will help to create a better atmosphere of happiness in school, the community, or at home this week. Perhaps you can: volunteer to give someone a helping hand; serve your parents and teachers by cheerfully doing what you are asked to do at home and at school; forgive someone who has upset you, and make a fresh start with them; give someone a kind message or a gift.

3 Dear Lord Jesus, thank you for showing us how to be truly happy. May our family be filled with the happiness which comes from following your ways, so that we can share it with others. Amen.

## FINDING THREE

S E D U T I T A E B R  
 S T A U G H T U T G H  
 E E H E A V E N E D A  
 N R J G R E W A R D P  
 I N E E U P L A V B P  
 P A S P J A W C S E I  
 P L U P N E T J V A N  
 A H S R R S U S E J E  
 H S E L P I C S I D S  
 C T D I S C I P L E S  
 E B E A T I T U D E S

## WEDNESDAY WORDSEARCH

SMARTSEARCHERS FIND THESE EIGHT WORDS EITHER ACROSS OR DOWN

- JESUS TAUGHT
- DISCIPLES
- BEATITUDES
- REWARD HEAVEN
- ETERNAL HAPPINESS

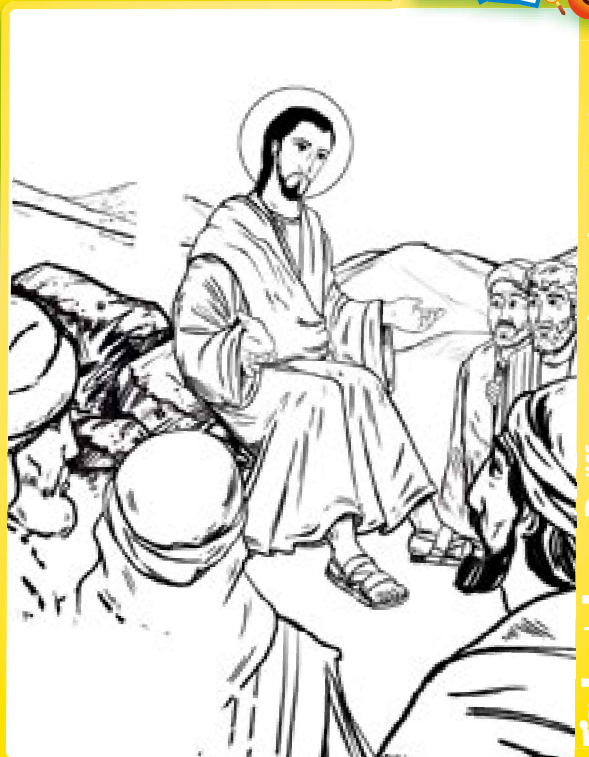
SUPERSEARCHERS FIND THE WORDS BACKWARDS OR DIAGONALLY

Cross out the letters **b c u** in the jumbled words below to find 4 real words.

kibnugdcm cheaboven Habpucy pebocpule

"\_\_\_\_\_ are \_\_\_\_\_ who know they need God, for the \_\_\_\_\_ of \_\_\_\_\_ belongs to them."

A happy heart is a sign of God's Spirit within us. This Sunday's Gospel shows us how to be happy. We don't have to search around for happiness: it comes from within. When we listen to Jesus and follow his ways we are filled with happiness!



Find and draw 3 differences, then colour the picture

This week I will try my best to...



Write a promise & draw a big smile on Smiley